



American BBQ Haloumi

with Corn Slaw & Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



Corn



Haloumi



Spring Onion



Lemon



Dijon Mustard



Mayonnaise



Slaw Mix



All-American Spice Blend



Long Red Chilli (Optional)

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**

Calorie Smart

Naturally Gluten-Free
Not suitable for coeliacs

Spicy (optional long red chilli)

Vegetarians don't need to miss out on the smokey flavours of the American South with this flavour-packed BBQ haloumi, plus all the fixins! Enjoy a taste of the good ol' USA right here.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
corn	1 cob	2 cobs
haloumi	1 packet	2 packets
spring onion	2 stems	4 stems
lemon	½	1
Dijon mustard	1 packet (15g)	2 packets (30g)
mayonnaise	1 packet (40g)	2 packets (80g)
slaw mix	1 bag (150g)	1 bag (300g)
All-American spice blend	1 sachet	2 sachets
long red chilli (optional)	1	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2718kJ (650Cal)	552kJ (132Cal)
Protein (g)	25.2g	5.1g
Fat, total (g)	37.8g	7.7g
- saturated (g)	15.6g	3.2g
Carbohydrate (g)	46.8g	9.5g
- sugars (g)	23.9g	9.5g
Sodium (mg)	1656mg	336mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into thin wedges and place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **25-30 minutes**.



Make the slaw

Slice the **lemon** into wedges. In a large bowl, combine the **Dijon mustard**, **mayonnaise** and a squeeze of **lemon juice**. Add the **slaw mix**, **spring onion** and charred **corn**. Gently toss to coat in the **dressing**.



Get prepped

While the wedges are roasting, slice the **corn** kernels off the cob. Pat the **haloumi** dry with paper towel. Cut the **haloumi** by placing your hand flat on top of the **haloumi** and slicing through the centre to get 2 thin pieces, then slice each piece in half. Thinly slice the **spring onion**.



Cook the haloumi

Combine the **haloumi**, **All-American spice blend** and a drizzle of **olive oil** in a medium bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the spiced **haloumi** until golden brown, **1-2 minutes** each side.

TIP: Keep an eye on the haloumi as the spice blend will char quickly.



Char the corn

Heat a large frying pan over a high heat. Cook the **corn** kernels, tossing occasionally, until lightly charred, **4-5 minutes**.

TIP: Cover with a lid to stop the corn kernels "popping" out of the pan.



Serve up

Thinly slice the **long red chilli** (if using). Divide the corn slaw, sweet potato wedges and American BBQ haloumi between plates. Garnish with the red chilli. Serve with the remaining lemon wedges.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

